




September 2013 Senior Center MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 COUNTY HOLIDAY 	3 <i>Spaghetti/Meat sauce</i> <i>Tossed Salad</i> <i>Garlic Bread</i> <i>Fruit</i> <i>Milk</i>	4 <i>Deli Sub</i> PORK <i>Broccoli</i> <i>Corn</i> <i>Fruit</i> <i>Milk</i>	5 <i>Hot Dog on Bun</i> <i>Baked Beans</i> <i>Mixed Vegetables</i> <i>Fruit Cobbler</i> <i>Milk</i>	6 <i>Tuna Noodle Salad</i> <i>Three Bean Salad</i> <i>Cheese cubes/Chips</i> <i>Fruit</i> <i>Milk</i>
9 <i>Turkey Wingettes</i> <i>Rice</i> <i>Vegetable Blend</i> <i>Fruit</i> <i>Roll/Milk</i>	10 <i>Lasagna</i> <i>Tossed Salad</i> <i>Garlic Bread</i> <i>Fruit</i> <i>Roll/Milk</i>	11 <i>Meatloaf</i> <i>Mashed Potato</i> <i>Green Beans</i> <i>Fruit</i> <i>Milk</i>	12 <i>Ham Quiche</i> PORK <i>Glazed Apples</i> <i>Broccoli</i> <i>Fruit</i> <i>Roll/Milk</i>	13 <i>BBQ Chicken</i> <i>Oven Roasted Potato</i> <i>Spinach</i> <i>Fruit</i> <i>Roll/Milk</i>
16 <i>Escalloped Chicken</i> <i>Baked Potato</i> <i>Sliced Carrots</i> <i>Fruit</i> <i>Roll/Milk</i>	17 <i>Ham & Cheese Sandwich</i> PORK <i>Pasta Salad</i> <i>Fruit</i> <i>Chips/Milk</i>	18 <i>Chili</i> <i>Rice</i> <i>Vegetable Blend</i> <i>Fruit</i> <i>Cornbread/Milk</i>	19 <i>Oven Fried Chicken</i> <i>Macaroni/Cheese</i> <i>Greens</i> <i>Fruit</i> <i>Roll/Milk</i>	20 <i>Italian Sausage on bun</i> <i>Oven Roasted Potato</i> <i>Braised Cabbage</i> <i>Fruit</i> <i>Roll/Milk</i>
23 <i>Baked Chicken Fillets</i> <i>Scalloped Potatoes</i> <i>Vegetable Blend</i> <i>Fruit</i> <i>Roll/Milk</i>	24 <i>Baked Ham</i> PORK <i>Glazed Sweet Potato</i> <i>Mixed Vegetable</i> <i>Fruit</i> <i>Roll/Milk</i>	25 <i>Cheeseburgers</i> <i>Oven Roasted Potatoes</i> <i>Green Beans</i> <i>Fruit</i> <i>Roll/Milk</i>	26 <i>Sweet& Sour Meatballs</i> <i>Rice Pilaf</i> <i>Peas/Carrots</i> <i>Fruit</i> <i>Roll/Milk</i>	27 <i>Chicken Salad on Croissant</i> <i>Pickled Beets</i> <i>Fruit</i> <i>Chips/Milk</i>
30 <i>Beef BBQ</i> <i>Cole Slaw</i> <i>Corn</i> <i>Fruit</i> <i>Roll/Milk</i>		Reservation Required Reserve Your Lunch at least 24 hours before the day you would like to attend	Donations are accepted <u>and</u> appreciated!	 <i>Menu Subject to change due to the availability of products</i>